



TRI STAR TAEKWONDO

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February 23, 2026

Dear Club Owners, Masters, Instructors, and Taekwondo Practitioners,

Tri Star Taekwondo is pleased to invite you to participate in our 16th Annual Tri Star Taekwondo Championship, to be held on:

Saturday, April 18, 2026

Conestoga College – Student Recreation Centre
299 Doon Valley Drive
Kitchener, Ontario N2G 4M4

This tournament is a fully sanctioned Taekwondo Ontario event. World Taekwondo competition rules will apply to all Black Belt divisions, and Taekwondo Ontario competition rules will apply to all Colour Belt divisions.

Registration Information

- Registration is available online only through Taekwondo Ontario.
- All competitors and coaches must hold a current 2025–2026 Taekwondo Ontario membership.
- This is a pre-registration tournament only. There will be no on-site registration.
- **Registration deadline: April 15, 2026**

For membership information, please visit: www.taekwondo-ontario.com/membership

For further inquiries:

Tel: (519) 495-3189 / Email: tristartkd@hotmail.com

We look forward to welcoming you on April 18, 2026.

Master Sai Visouvath

Master Sai Visouvath
Tournament Host

Tri Star Taekwondo Championship

Colour & Black Belt Competition

Hosted by: Tri Star Taekwondo

Saturday April 18, 2026

Sign In / Check In: 8:00 am
Start Time: 9:00 am SHARP

Colour Belts/Recreational Black Belt Competition fee:
\$85.00 poomsae **or** sparring
\$95.00 both event

General Admission: \$10.00
(Children 5 and under are free)

Conestoga College Student Recreation Centre
299 Doon Valley Drive Kitchener, Ontario N2G 4M4

For More Information:
519-495-3189
Email: tristartkd@hotmail.com

This contest is sanctioned by Taekwondo Ontario
the provincial sport organization (PSO)
Officially recognized by the province of Ontario.

Tri Star Taekwondo Championship

- Hosted By:** Tri Star Taekwondo
- Competition Location:** **Conestoga College Student Recreation Centre**
299 Doon Valley Drive Kitchener, Ontario N2G 4M4
- Pre-Registration Sign In:** 8:00am
- Tournament Begins:** 9:00am
- Registration:** Pre-registration \$85.00 poomsae **or** sparring / \$95.00 both event
Registration deadline: April 15, 2026 - NO REFUNDS
- Coaches:** One free coach (must have a valid Kukkiwon) per school.
Additional coach's passes may be purchased for \$25.00 a pass.
Maximum of 6 coaches per school
- Admission:** Adults - \$10.00 each
Children – FREE (5 and under)
- Awards:** Forms: Gold, Silver & Bronze & Bronze
Sparring: Gold, Silver, Bronze & Bronze
- Rules:** Taekwondo Ontario colour belt rules apply to all
*** White uniforms only for competition
- Equipment:** The following equipment is required, by athletes, to compete in sparring: arm and shin guards, helmet, chest protector, groin protector, insteps, and mouth guard.
- Sparring:** Colour Belts: best of three rounds
Black Belts: best of three rounds

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Competition Rules:

Colour Belt Divisions

Poomsae (Patterns)

- Participants may only perform mandatory Kukkiwon approved patterns
- Gold, Silver, 2 Bronze place winners awards for podium finish
- Combination movements and ITF patterns are **NOT** allowed

Sparring

- Manual electronic scoring system
- **NO head** contact will be permitted
- Gold, Silver, & 2 Bronze place winners awards for podium finish
- Single elimination, best of three rounds
- Colour belts 45 second rounds

Black Belt Divisions

Poomsae (Patterns)

- Participants may only perform mandatory Kukkiwon approved black belt patterns
- Gold, Silver, 2 Bronze place winners awards for podium finish

Sparring

- Manual electronic scoring system
- Gold, Silver, and 2 Bronze place winners awards for podium finish
- Single elimination, best of three rounds
- Black belts 1:00 minute rounds

Tournament host reserves the right to separate or combine the divisions at their discretion based on age, weight, height, and other discretionary factors.

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Pattern Divisions

Colour Belt						
Mandatory Patterns		Taegeuk 1	Taegeuk 2 or 3	Taegeuk 4 or 5	Taegeuk 6 or 7	Taegeuk 7 or 8
Age	Male/Female	Belt	Belt	Belt	Belt	Belt
6 & under	Separate	White/ Yellow Stripe	Yellow / Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
7 & 8	Separate					
9&10	Separate					
11 & 12	Separate					
13 & 14	Separate					
15 to 17	Separate					
18 to 29	Separate					
30 to 39	Separate					
40 +	Separate					

Black Belt		
Age	Male/Female	Mandatory Patterns
6 & under	Separate	1st Dan/Poom
7 & 8	Separate	
9&10	Separate	2nd Dan/Poom
11 & 12	Separate	3rd Dan/Poom
13 & 14	Separate	4th Dan/Poom
15 to 17	Separate	5th Dan
18 to 29	Separate	
30 to 39	Separate	6th Dan
40 +	Separate	

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Sparring Divisions

Colour Belt							
Age	Male/Female	Weight	Belt	Belt	Belt	Belt	Belt
6 & under	Separate	Light/Heavy	White/ Yellow Stripe	Yellow / Green Stripe	Green/ Blue Stripe	Blue/ Red Stripe	Red/ Black Stripe
7 & 8	Separate	Light/Heavy					
9&10	Separate	Light/Heavy					
11 & 12	Separate	Light/Heavy					
13 & 14	Separate	Light/Heavy					
15 to 17	Separate	Light/Heavy					
18 to 29	Separate	Light/Heavy					
30 to 39	Separate	Light/Heavy					
40 +	Separate	Light/Heavy					

Recreational Black Belt (High Section not permitted)		
Age	Male/Female	Weight
6 & under	Separate	Light / Middle / Heavy
7 & 8	Separate	
9&10	Separate	
11 & 12	Separate	
13 & 14	Separate	
15 to 17	Separate	
18 to 29	Separate	
30 to 39	Separate	
40 +	Separate	

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Tournament Schedule

8:00 AM	Doors Open	
8:30 AM	Referee Meeting / Coaches Meeting	
9:00 AM	COMPETITION BEGINS	
Report to Staging	Age	Belt Levels / Rank
8:30 AM	8 and under	Colour belts
11:00 AM	9 - 10 yrs	Colour belts
1:00 PM	11 - 12 yrs	Colour belts
2:00 PM	13 and up	Colour Belts
2:00 PM	All Ages	Recreational Black Belts Poomsae and Sparring

Please arrive 30 minutes prior to your start time.

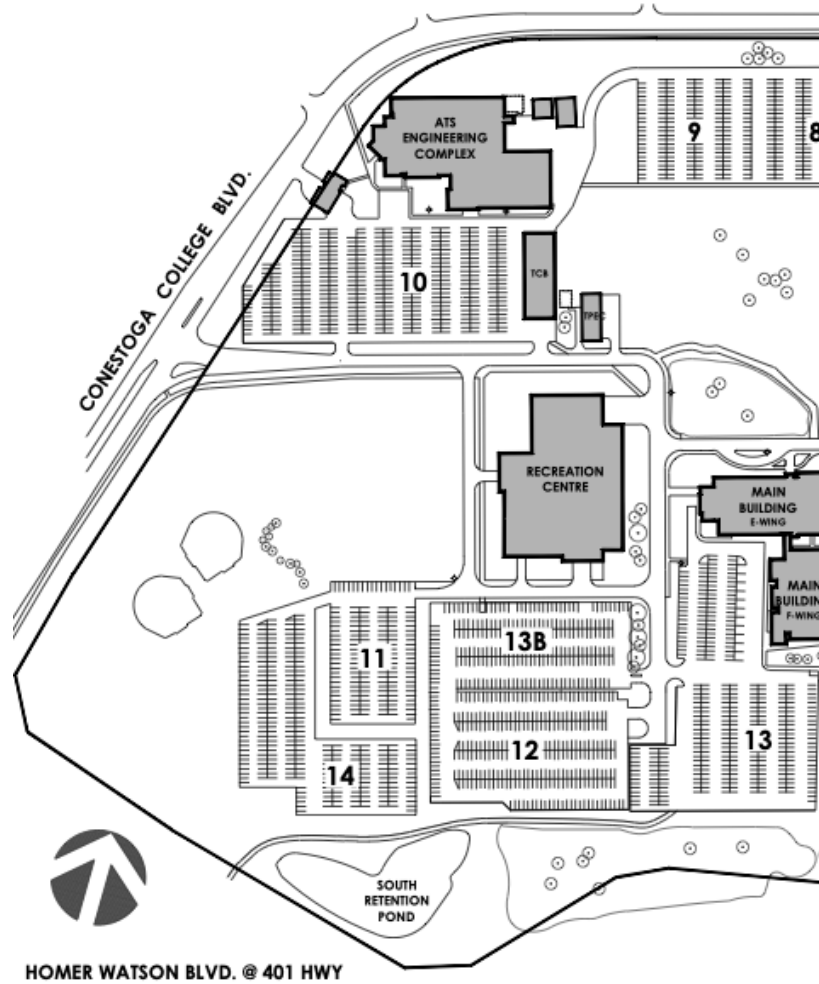
** Times are approximate and subject to change **

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Conestoga Student Recreation Centre

CONESTOGA COLLEGE DOON CAMPUS SITE PLAN

299 DOON VALLEY DRIVE
KITCHENER, N2G 4M4



Weekend parking: Complimentary
Lots 10-14 are closest to the recreation centre

<https://www.conestogac.on.ca/parking-and-transportation>

Accommodations Near Conestoga College

Student Recreation Centre ***299 Doon Valley Drive, Kitchener, Ontario***

Hotels within short driving distance of the venue:

Holiday Inn Express & Suites Kitchener Southeast
4355 King Street East, Kitchener
519-650-6090

Quality Inn Kitchener
2899 King Street East, Kitchener
519-894-3500

Home b2 Suites by Hilton Kitchener
30 Fairway Road South, Kitchener
519-489-2040

DoubleTree by Hilton Kitchener
30 Fairway Road South, Kitchener
519-893-1211

Four Points by Sheraton Cambridge Kitchener
210 Preston Parkway, Cambridge
519-653-2690

Hilton Garden Inn Kitchener/Cambridge
746 Old Hespeler Road, Cambridge
519-620-8936

Best Western Plus Cambridge Hotel
730 Old Hespeler Road, Cambridge
519-623-4600

Super 8 by Wyndham Cambridge/Kitchener/Waterloo Area
650 Hespeler Road, Cambridge
519-622-1070

Comfort Inn Cambridge
220 Holiday Inn Drive, Cambridge
519-658-1100